

## Warm Up? Play Down!

As you start to ascend in pitch, the diaphragm pushes the air faster and the lips tighten.

As you descend in pitch the reverse happens. The speed of the air is reduced by pushing less and the tightening of the lips reduce.

So, as you descend in pitch, the muscles become more relaxed.

Using the ***pivot method***, there is a linear connection in body shape (including the embouchure) between notes, from high and low.

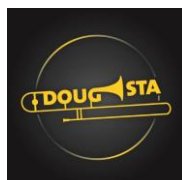
The aperture, the hole in the embouchure where the airstream exits, becomes smaller as you ascend and larger as you descend.

When you are playing the following warm up (or perhaps we should call them warm down) exercises and taking these points into consideration, it is still important that accurate intonation is observed throughout.

You can vary dynamics too. Loud and soft. Getting quieter and getting louder. Don't forget to pay attention to intonation!

On exercise 1c, play the low E $\flat$  a position lower than normal and be conscious of pushing the lower jaw forward to widen the aperture. Push low from the diaphragm.

A true warm-up loosens the embouchure muscles, expands the lungs, and most importantly focuses the mind.



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## 1a

A Gentle Start To The Day

Dougsta

♩ = 60  
mp

(6) (7)

## 1b

♩ = 60  
mp

(6) (7)

## 1c

♩ = 60  
mp

(6) (7)

(7) (4)

